

Post-test

Directions for Which Food is Better for Your Health? (for the person administering the assessment instruments)

This instrument should be completed as both a Pre- and Post-Test. The pre-test would happen at the **beginning** of the program segment and the post **at the end** of the child's participation in the program or program segment, i.e. end of 2 week camp program, etc.

1. Please be sure you have allowed enough time before the end of a class or program for participants to complete the forms.
2. Be sure to complete the participant tracking form before the exercise begins. It is important that you keep this form for use with the post test part of this process.
3. Try to find a quiet and comfortable spot to conduct the assessment.
4. Be sure to have all your materials including surveys, pencils, and some kind of solid surface for people to use for completing the survey.
5. Get everyone's attention and explain the process. A sample script is provided for you. Do NOT pass out the materials until you have explained the process.
6. Sample Introduction/Directions: "We have been chosen to be a part of a study about being healthy. As part of this study, we are going to ask that each of you to look at the pictures of food on this form I'm going to give you and to pick between the two foods pictures based upon which one you think is better for you. **Please circle that food that you think is the healthier of the two.**"
7. Pass out the materials and check for questions before people get started.
8. Wander around the area to see if anyone needs help or has questions.
9. Ask them to check the appropriate boxes at the end of the survey as well.
10. Collect all the materials at the end. Be sure to check to make sure people have filled in all sections and pages, etc.
11. Take the completed surveys and attach the cover sheet to the front and place in large envelope included with these materials.

Please return to your supervisor or project coordinator.

Thanks!

[on NRPA letterhead]

PLEASE place this sheet on top of the completed surveys and place in return mailing envelope provided. Return to your project coordinator for mailing. THANKS!

Program Name: _____

Project Coordinator: _____

Agency Name: _____

The following information relates to specifics about the information collected in this packet:

Number(s) of People Completing Surveys:

_____ Participants

_____ Non-Participants

(comparison group, if being used)

Total Number of Surveys Given Out: _____

Total Number of Surveys Returned: _____

Administered as (check only one type of test as appropriate):

___ Pre Test

Date Administered: _____

Administered by: _____

___ Post Test

Date Administered: _____

Administered by: _____

___ Only Test

Date Administered: _____

(comparison group)

Administered by: _____

Site Specific Information: (as necessary)

Name of Site:

Name of Group:

Return in Envelope Provided to:

National Recreation and Park Association
Attn: Hearts N' Parks Y2K Project
22377 Belmont Ridge Road
Ashburn, Virginia 21048

Post-test

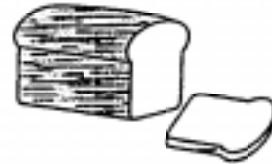
WHICH FOOD IS BETTER FOR YOUR HEALTH?

INSTRUCTIONS: Circle one of the two foods that you think is better for your health

1.



whole wheat bread



white bread

2.



broiled beef



broiled fish

3.



cold cereal



eggs and bacon

4.

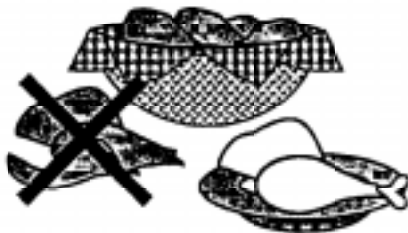


beef



beans

5.



chicken



regular hamburger

Post-test

INSTRUCTIONS: Circle one of the two foods that you think is better for your health

6.



regular milk



lowfat or skim milk

7.



peanut butter



bologna

8.



frozen yogurt

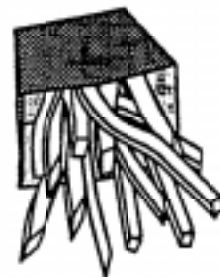


ice cream

9.



green salad



french fries

10.



raisins

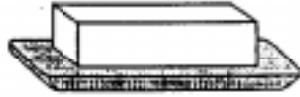


candy bar

Post-test

INSTRUCTIONS: Circle one of the two foods that you think is better for your health

11.



butter



margarine

12.

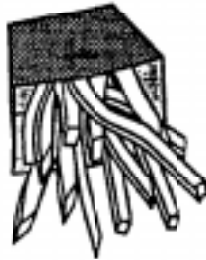


frozen corn



canned corn

13.



french fries



baked potato

14.



regular peanut butter



freshly ground peanut butter

STOP HERE

Please check the appropriate box:

I am: Male _____ Female _____
My age is: 5 & under _____ 6 to 7 _____ 8 to 9 _____ 10 to 11 _____ 12 to 13 _____
14 to 15 _____ 16 and older _____